



Shadsworth Junior School



Curriculum

Year 5 Scheme of Work

Term: Spring 1

Topic: PSHE

Key Skills and Knowledge:

Changing me

- I am aware of my own self-image and how my body image fits into that.
- I know how to develop my own self-esteem.
- I understand that puberty is a natural process that happens to everybody and that it will be ok for me
- I can describe how boys' and girls' bodies change during puberty
- I can express how I feel about the changes that will happen to me during puberty
- I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.
- I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age consent)
- I am confident that I can cope with the changes that growing up will bring
- I can identify what I am looking forward to when I move to my next class.

Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

- Draw a picture of themselves. Write ten words to describe themselves. Put a sad face next to the negative words and a happy face next to the positive words. Work to boost their self-esteem by working with a friend to change a negative word into a positive.
- Carousel of activities exploring menstruation e.g. sequencing pictures and words for menstruation, writing responses to worries about periods, questions about sanitary products.
- Create an information leaflet or powerpoint about puberty and think of possible worries or concerns others may have and address these.
- Design a birthday card for someone who is 13 and offer advice regarding possible changes ahead.
- In a group, children identify 4 changes in the next 12 months that they are worried about. Make into a spinning top and spin and discuss how they will handle each change.

Links to PSHCE, Equality and British Values Work

Mutual Respect – Helping to improve another's self-esteem. Learning what themselves and others will experience during puberty. Offering suggestions to others about how best to handle change.

Individual liberty – Identifying how they feel about themselves. Identifying how they would handle certain changes.

Tolerance of others beliefs – Listening to another person's point of view.

Key Vocabulary:

Resources Available / Visits/Visitors

Useful Websites:

Self - esteem
Sperm
Semen
Testicles/Testes
Growth spurt
Puberty
Menstruation
Periods
Sanitary towels
Tampons
Ovary/ Ovaries

Erection
Ejaculation
Wet dream
Facial hair
Hormones
Vagina
Oestrogen
Uterus/ womb

Jigsaw PSHE Scheme
UCLAN

www.jigsawpshe.com

Previous Knowledge:

I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.

I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.